PSS

Personal Standards Scale (PSS)

The Personal Standards Scale is part of the perfectionism scale developed by Frost and Marten. It is designed to measure an individual's levels of perfectionism, particularly with respect to the personal standards they set for themselves.

Number of questions	7 questions
Estimated duration	15 minutes
Language	English
Original name	Personal Standards Scale
Target audience	Adults
Authors	Randy O. Frost, Patricia Marten, Cathleen Lahart, Robin Rosenblate (1990)

Preview of the 7 questions

If I do not set the highest standards for myself, I am likely to end up a second-rate person.

1 - Strongly disagree | 2 | 3 | 4 | 5 - Strongly agree

It is important to me that I am thoroughly competent in everything I do.

1 - Strongly disagree | 2 | 3 | 4 | 5 - Strongly agree

I set higher goals than most people.

1 - Strongly disagree | 2 | 3 | 4 | 5 - Strongly agree

I am very good at focusing my efforts on attaining a goal.

1 - Strongly disagree | 2 | 3 | 4 | 5 - Strongly agree

I have extremely high goals.

1 - Strongly disagree | 2 | 3 | 4 | 5 - Strongly agree

Scoring & interpretation

Each question is rated on a Likert-type scale ranging from 1 (strongly disagree) to 5 (strongly agree). A total score is calculated by adding up the scores of the different questions. Higher scores indicate a higher level of personal perfectionism.